

## Complete Summary

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### GUIDELINE TITLE

Guidelines for school programs to prevent skin cancer.

### BIBLIOGRAPHIC SOURCE(S)

Centers for Disease Control and Prevention. Guidelines for school programs to prevent skin cancer. MMWR Recomm Rep 2002 Apr 26; 51(RR-4): 1-18. [145 references]

## COMPLETE SUMMARY CONTENT

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## SCOPE

### DISEASE/CONDITION(S)

Skin cancer

### GUIDELINE CATEGORY

Prevention

### CLINICAL SPECIALTY

Dermatology  
 Family Practice  
 Pediatrics  
 Preventive Medicine

### INTENDED USERS

Health Care Providers  
 Nurses  
 Public Health Departments

## GUIDELINE OBJECTIVE(S)

- To review the scientific literature regarding the rates, trends, causes, and prevention of skin cancer
- To present guidelines for schools to implement a comprehensive approach to preventing skin cancer

## TARGET POPULATION

Children and adolescents of primary- and secondary-school age (approximately 5 to 18 years) in the United States

## INTERVENTIONS AND PRACTICES CONSIDERED

Prevention of skin cancer in schools

1. Establishment of policies to reduce exposure to ultraviolet (UV) radiation
2. Environmental change to support sun safety
3. Health education of students
4. Involvement of family members
5. Professional development of school staff
6. Provision of school health services
7. Evaluation of school implementation efforts

## MAJOR OUTCOMES CONSIDERED

- Incidence of skin cancers (particularly melanoma) and mortality rates for melanoma in the United States
- Risk for skin cancer
- Prevalence of behavioral risk factors, sun-safe behaviors, and attitudes related to sun safety
- Incidence of moles and actinic keratoses

## METHODOLOGY

### METHODS USED TO COLLECT/SELECT EVIDENCE

Searches of Electronic Databases

### DESCRIPTION OF METHODS USED TO COLLECT/SELECT THE EVIDENCE

Not stated

### NUMBER OF SOURCE DOCUMENTS

Not stated

### METHODS USED TO ASSESS THE QUALITY AND STRENGTH OF THE EVIDENCE

Not stated

#### RATING SCHEME FOR THE STRENGTH OF THE EVIDENCE

Not applicable

#### METHODS USED TO ANALYZE THE EVIDENCE

Review

#### DESCRIPTION OF THE METHODS USED TO ANALYZE THE EVIDENCE

Not stated

#### METHODS USED TO FORMULATE THE RECOMMENDATIONS

Not stated

#### RATING SCHEME FOR THE STRENGTH OF THE RECOMMENDATIONS

Not applicable

#### COST ANALYSIS

A formal cost analysis was not performed and published cost analyses were not reviewed.

#### METHOD OF GUIDELINE VALIDATION

Peer Review

#### DESCRIPTION OF METHOD OF GUIDELINE VALIDATION

Not stated

### RECOMMENDATIONS

#### MAJOR RECOMMENDATIONS

These guidelines provide recommendations for skin cancer prevention activities within a coordinated school health program. In addition, these guidelines are based on scientific literature, national policy documents, current practice, and theories and principles of health behavioral change. Schools and community organizations can work together to develop plans that are relevant and achievable. Sustained support from school staff, students, communities, state and local education and health agencies, families, institutions of higher education, and national organizations are necessary to ensure the effectiveness of school skin cancer prevention activities.

Seven broad guidelines are included that school programs can use to reduce the risk for skin cancer among students: 1) policy, 2) environmental change, 3) education, 4) families, 5) professional development, 6) health services, and 7) evaluation. Refer to the original guideline document for suggestions regarding key elements, steps for implementation, and realistic expectations for change.

- Guideline 1: Policy. Establish policies that reduce exposure to ultraviolet (UV) radiation.
- Guideline 2: Environmental change. Provide and maintain physical and social environments that support sun safety and that are consistent with the development of other healthful habits.
- Guideline 3: Education. Provide health education to teach students the knowledge, attitudes, and behavioral skills they need to prevent skin cancer. The education should be age-appropriate and linked to opportunities for practicing sun-safety behaviors.
- Guideline 4: Family involvement. Involve family members in skin cancer prevention efforts.
- Guideline 5: Professional development. Include skin cancer prevention knowledge and skills in preservice and inservice education for school administrators, teachers, physical education teachers and coaches, school nurses, and others who work with students.
- Guideline 6: Health services. Complement and support skin cancer prevention education and sun-safety environments and policies with school health services.
- Guideline 7: Evaluation. Periodically evaluate whether schools are implementing the guidelines on policies, environmental change, education, families, professional development, and health services.

#### CLINICAL ALGORITHM(S)

None provided

### EVIDENCE SUPPORTING THE RECOMMENDATIONS

#### TYPE OF EVIDENCE SUPPORTING THE RECOMMENDATIONS

The recommendations are based on scientific evidence, medical and behavioral knowledge, and consensus among specialists in education and skin cancer prevention.

### BENEFITS/HARMS OF IMPLEMENTING THE GUIDELINE RECOMMENDATIONS

#### POTENTIAL BENEFITS

School-based programs can play an important role in achieving the following national Health Objectives for the Year 2010 related to skin cancer prevention: 1) increase the proportion of persons who use at least one of the following protective measures that might reduce the risk for skin cancer: avoid the sun between 10 a.m. and 4 p.m., wear sun-protective clothing when exposed to the sun, use sunscreen with a sun-protection factor (SPF)  $\geq 15$ , and avoid artificial sources of

ultraviolet (UV) light; and 2) reduce deaths from melanoma to <2.5 per 100,000 persons.

## POTENTIAL HARMS

Skin irritation or allergic reactions to sunscreens

## QUALIFYING STATEMENTS

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The recommendations represent the state-of-the-science in school-based skin cancer prevention. However, every recommendation is not appropriate or feasible for every school to implement nor should any school be expected to implement all recommendations. Schools should determine which recommendations have the highest priority based on the needs of the school and available resources. As more resources become available, schools could implement additional recommendations to support a coordinated approach to preventing skin cancer.

## IMPLEMENTATION OF THE GUIDELINE

### DESCRIPTION OF IMPLEMENTATION STRATEGY

The primary audience for the guideline recommendations includes state and local health and educational agencies and nongovernmental organizations concerned with improving the health of U.S. students. These agencies and organizations can translate the information in the original guidelines into materials and training programs for their constituents. In addition, the Centers for Disease Control and Prevention (CDC) will develop and disseminate materials to help schools and school districts implement the guidelines. At the local level, teachers and other school personnel, community recreation program personnel, health service providers, community leaders, policymakers, and parents may use these guidelines and complementary materials to plan and implement skin cancer prevention policies and programs. In addition, faculty at institutions of higher education may use these guidelines to train professionals in education, public health, sports and recreation, school psychology, nursing, medicine, and other appropriate disciplines.

## INSTITUTE OF MEDICINE (IOM) NATIONAL HEALTHCARE QUALITY REPORT CATEGORIES

### IOM CARE NEED

Staying Healthy

### IOM DOMAIN

Effectiveness  
Patient-centeredness

## IDENTIFYING INFORMATION AND AVAILABILITY

### BIBLIOGRAPHIC SOURCE(S)

Centers for Disease Control and Prevention. Guidelines for school programs to prevent skin cancer. MMWR Recomm Rep 2002 Apr 26; 51(RR-4): 1-18. [145 references]

### ADAPTATION

Not applicable: The guideline was not adapted from another source.

### DATE RELEASED

2002 April 26

### GUIDELINE DEVELOPER(S)

Centers for Disease Control and Prevention - Federal Government Agency [U.S.]

### GUIDELINE DEVELOPER COMMENT

These guidelines were developed by the Centers for Disease Control and Prevention (CDC) in collaboration with specialists in dermatology, pediatrics, public health, and education; national, federal, state, and voluntary agencies; schools; and other organizations.

Participating agencies and organizations included:

- American Academy of Dermatology
- American Academy of Pediatrics
- American Association for Health Education
- American Cancer Society
- AMC Cancer Research Center and Foundation
- American Optometric Association
- American Pharmaceutical Association
- American School Health Association
- Council of Chief State School Officers
- Dermatology Nurses' Association
- Environmental Protection Agency
- Melanoma Research Foundation
- National Association for Sport and Physical Education
- National Association of School Nurses, Inc.
- National Association of State Boards of Education
- National Cancer Institute
- National Education Association
- National Safety Council
- National School Boards Association
- President's Council on Physical Fitness and Sports
- Skin Cancer Foundation
- Skin Cancer Prevention Program, California Department of Health Services

- Society of State Directors of Health, Physical Education and Recreation
- Society for Public Health Education
- U.S. Department of Education

#### SOURCE(S) OF FUNDING

United States Government

#### GUIDELINE COMMITTEE

Not stated

#### COMPOSITION OF GROUP THAT AUTHORED THE GUIDELINE

Report Prepared By: Karen Glanz, Ph.D., M.P.H.; Mona Saraiya, M.D., M.P.H.;  
Howell Wechsler, Ed.D., M.P.H.

#### FINANCIAL DISCLOSURES/CONFLICTS OF INTEREST

Not stated

#### ENDORSER(S)

AMC Cancer Research Center and Foundation - Private Nonprofit Research Organization  
American Academy of Dermatology - Medical Specialty Society  
American Academy of Pediatrics - Medical Specialty Society  
American Association for Health Education - Professional Association  
American Cancer Society - Disease Specific Society  
American Optometric Association - Professional Association  
American Pharmacists Association - Professional Association  
American School Health Association - Professional Association  
Dermatology Nurses Association - Private Nonprofit Organization  
Environmental Protection Agency - Federal Government Agency [U.S.]  
Melanoma Research Foundation - Private Nonprofit Organization  
National Association of School Nurses - Professional Association  
National Cancer Institute - Federal Government Agency [U.S.]  
National Safety Council - Private Nonprofit Organization  
Skin Cancer Foundation - Private Nonprofit Organization  
Skin Cancer Prevention Program, California Department of Health Services -  
State/Local Government Agency [U.S.]  
Society for Public Health Education - Professional Association

#### GUIDELINE STATUS

This is the current release of the guideline.

An update is not in progress at this time.

#### GUIDELINE AVAILABILITY

Electronic copies: Available from the Centers for Disease Control and Prevention (CDC) Web site:

- [HTML Format](#)
- [Portable Document Format \(PDF\)](#)

Print copies: Available from the Centers for Disease Control and Prevention, MMWR, Atlanta, GA 30333. Additional copies can be purchased from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402-9325; (202) 783-3238.

#### AVAILABILITY OF COMPANION DOCUMENTS

The following is available:

- Preventing skin cancer among young people. Summary. Atlanta (GA): Centers for Disease Control and Prevention (CDC); 2002 Apr. 5 p.

Electronic copies: Available from the CDC Web site:

- [HTML Format](#)
- [Portable Document Format \(PDF\)](#)

Print copies: Available from the Centers for Disease Control and Prevention, MMWR, Atlanta, GA 30333. Additional copies can be purchased from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402-9325; (202) 783-3238.

#### PATIENT RESOURCES

None available

#### NGC STATUS

This NGC summary was completed by ECRI on September 30, 2002.

#### COPYRIGHT STATEMENT

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